

# 2025 ERHS Girls Lacrosse Season Overview

## Coaching Staff:

Varsity Head Coach: Rich Limpert  
Varsity Assistant: Marty Meyers  
Varsity Assistant: Dave Garrity  
Varsity Assistant: Connor King  
JV Head Coach: Emma Fetch  
JV Assistant Coach: Bella Mullen

## Team Captains:

Captain: Keira Limpert  
Assistant Captain: Addie Fitzjarrald  
Assistant Captain: Chloe Garrett  
Assistant Captain: Maci Szybatka

## Booster Board:

President: Ken Kittelson  
Vice President: Michelle Gumaelius  
Secretary: Joni Szybatka  
Treasurer: Rosemary Stewart

## Booster Committee Leads:

Golf Outing: tbd  
Fundraising: Jina Forys  
Volunteer Coordinator: Jina Forys  
Game Day: Scott (Lexi) Szybatka

The ERHS GLAX Booster Club meets monthly on the 3rd Monday of the month at 6:30 pm. Meetings are held at The MAC (2122 Wooddale Drive, Woodbury, MN)

## Communications

- Please refer to the [ERHS Girls Lacrosse](https://ERHSactivities.com/GLAX) website (ERHSactivities.com/GLAX) for program details and schedules.
- A weekly email will be sent by the boosters, typically on Sunday with a preview of the week ahead

## Captain's Practices

- **Jan. 21 - end of March**
- Location: The MAC
- 18 - 90 minute sessions, 2x/week
- See registration link or website for specific dates & times
- Cost: \$125 per player
- [Registration](#) and payment must be completed before taking the field
  - Venmo (@ERHSGLAX Fundraising)
  - Check written out to ERHS GLAX Boosters
    - Bring the check to practice
    - Mail to: Rosemary Stewart 9243 Wedgewood Point Woodbury 55125
  - **Be sure players name is in the notes for all payments**

## Lacrosse Spring Sports Registration

- Opens February 15 – information will be included in ERHS newsletters
- Register online via SmartSchoolK12 – link is available on the [ERHS Athletics website](#).
- All players must have a sports physical on file with the school (good for 3 years) to be able to register. The sports physical form is on the [ERHS Athletics website](#).

## Tryouts

- **March 31 – April 3**
- Location: The MAC

- 4-6 pm, details will be provided by coaches

### **Player Pack Apparel Store**

- Information will be posted on the team website

### **JV/V Preseason Scrimmages**

- **Friday April 4<sup>th</sup> & Saturday April 5<sup>th</sup>**
- Scrimmages at National Sports Center in Blaine
- Activities at the MAC
- Transportation & meals included

### **2025 Schedule Highlights**

- Bookmark the [ERHS Girls Lacrosse](#) website for program details & calendars
- Subscribe to the calendar for practices, games & special events
- Subscribe to the Suburban East Conference (SEC) for a direct link to the games
- NOTE: Subscribing to both calendars will duplicate the games on your calendar, but ensures a more timely notice if there are changes to the game schedule.

### **Game Tickets**

- Tickets for all home games are purchased through Hometown Ticketing, either on their [website](#) or from the app
  - \$8 for adults and \$5 for students; adult district passes are \$80 and student passes cost \$50. Adult passes also include free admittance for one elementary-aged student.
- Ticketing process for away games varies by location. If we know their process in advance, it will be communicated in the weekly email.

### **Fundraising Events**

- Annual golf event, in partnership with the ER Girls Hockey team
  - 2025 date tbd
- Grocery bagging
- Vertical Raise (April)
- Shifts at The Crosse Bar (concessions at The MAC)
- Got ideas for a great fundraising event? We'd love to hear from you! Please reach out to the boosters at [erhsglax@gmail.com](mailto:erhsglax@gmail.com)

### **Volunteers**

- The season works when we all volunteer – before, during and after the season
- **All families are required to complete 2 volunteer activities during the year**
- Volunteer spots will be managed via Sign-Up Genius. The link will be in emails & on the team website

### **Questions, concerns or great ideas?**

Please reach out! Use the booster club email ([erhsglax@gmail.com](mailto:erhsglax@gmail.com)) or reach out individually.

**KEY DATES for the 2024-2025 ERGLAX SEASON**

- January 16: Parent-Athlete-Coach meeting
- January 21: Captain's Practices start
- February 15: Spring sports registration opens
- April TBD: Vertical Raise
- March 31 - April 3: Tryouts
- April 4-5: Preseason scrimmages
- April xx: Team Pictures
- April 14: Team Dinner
- April 10: 1<sup>st</sup> game of the season
- April 21: Team Dinner
- May 5: Team Dinner
- May 12: Team Dinner
- May 15: Senior Night
- June xx: JV State
- June 16: Banquet
- tbd: Alumni Game

**Website:** ERHSactivities.com/GLAX

**Booster Club Email:** [erhsaglax@gmail.com](mailto:erhsaglax@gmail.com)

**Venmo:** @ERHSGLAX Fundraising